

## M. M. E. & R. C's

### M.A. RANGOONWALA COLLEGE OF PHYSIOTHERAPY AND RESEARCH

#### SPORTS EVENT "MAIDAN - E-JUNG" ORGANIZED BY ALLANA COLLEGE OF ARCHITECTURE 2024.

On 29<sup>th</sup> January 2024, Allana College of Architecture had organized a Cricket Premiere League and Kabaddi League on sports ground of Azam Campus. The event was held for 4 days i.e. from 29<sup>th</sup> January 2024 - 1<sup>st</sup> February 2024 wherein various teams for both the sports from different architecture colleges around Pune had participated. The sponsors of the event were Ather, Khirid Tourism, Rare Affairs, and The WORD.

Under the guidance of Dr. Ronika Agrawal, Principal of M.A. Rangoonwala College of physiotherapy and research, Post Graduate students of Musculoskeletal Department provided on-field physiotherapy assistance at the Maidan -e- Jung sports event. The players sustaining injuries were assessed on-field as well as off-field as per requirement and were provided with condition specific treatment and immediate care. The aim was to alleviate pain, promote early recovery and make them return to sport immediately.

The event had 2 sports leagues of cricket and kabaddi in which sport related injuries like acute muscle strain, ligaments sprain, ball hit injuries, wounds, impact injuries were amongst the common injuries that occurred. On average 20 players were treated everyday for the above mentioned injuries. Precautionary advice and ergonomics were also told to the players. For wounds and cuts, cleaning and bandaging were done. For sprains/strains icing along with taping was done in order to stabilize the affected part/joint and prevent further injuries. Ball hit injuries were managed by giving icing with continuous monitoring of BP and demonstration of breathing exercises to cause relaxation and improving the chest mobility. In case of severe injuries the players were assessed and referred to the orthopedician for further treatment. We are thankful to Mrs. Abeda Inamdar (President, M.M.E & R.C), Dr. Arif Memon (Vice-President M.M.E & R.C), Dr. Nazim Shaikh (Secretary M.M.E & R.C) and Dr. Ronika Agrawal, (Principal M. A. Rangoonwala College of Physiotherapy and Research), Pune for giving us such a wonderful opportunity to exhibit physiotherapy management skills and learn about on-field physiotherapy perspective.

